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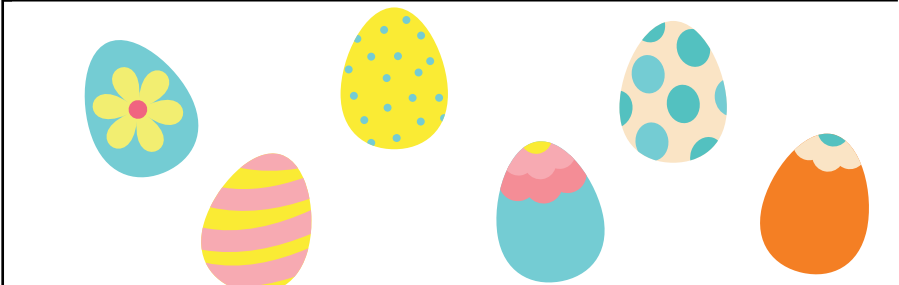
**April is National Volunteer Month!  
Check out Volunteer Spotlights in this issue!**



# APRIL MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).  
The Suggested Contribution for participants age 60+ is \$3.50.

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Tortilla Crusted Tilapia with Spinach, Summer Squash, a Whole Grain Roll, and Sliced Peaches	Meatloaf with Gravy, Mashed Potatoes, Steamed Baby Carrots, a Whole Grain Roll, and Cinnamon Apples	Pork Chop** with Gravy, Roasted Yams, Normandy Blend Vegetables, a Whole Grain Breadstick, and Pineapple Chunks	Seasonal Chicken Salad with Whole Grain Bread, Macaroni Salad, Stewed Tomatoes, and a Tropical Fruit Cup	Hamburger with Lettuce & Tomatoes on a Whole Grain Bun with Roasted Red Potatoes, Fresh Fruit, & Chocolate Pudding
8 Scrambled Eggs and Pork Sausage** with Breakfast Potatoes, a Whole Grain Biscuit, and Apple Sauce	9 Chicken Alfredo with Sliced Carrots, Peas, a Whole Grain Breadstick, and Mandarin Orange Slices	10 Beef Taco with Cheese, Beans de La Olla, Corn, two Whole Grain Tortillas, and Diced Mangos	11 Shrimp Etouffee with 4-Way Mixed Vegetables, Cauliflower, Basmati Rice, and Pineapple Chunks	12 Chicken Parmesan with Red Sauce, Italian Vegetables, Italian Green Beans, a Whole Wheat Breadstick, and Sliced Apricots
15 Shrimp Scampi with Carrot Coins, Brussels Sprouts, a Whole Grain Roll, and Fresh Grapes	16 Beef Stew with Yellow Potatoes and Carrots, Asparagus, a Whole Wheat Biscuit, and Mixed Berries	17 Chicken Patty with Country Gravy, Broccoli, Chef's Vegetable, a Whole Grain Biscuit, and Sliced Apples	18 Pork Cutlet** with Gravy, Mashed Potatoes, Zucchini, a Whole Grain Roll, a Fruit Cocktail, and Birthday Cake	19 Tortilla Crusted Tilapia with Peas, Yams, a Whole Grain Roll, and Sliced Peaches
22 Beef Burgundy over Noodles with 5-Way Vegetables, Chef's Vegetable, and an Apple Crisp	23 Barbecue Chicken with Cauliflower, Succotash, a Whole Grain Roll, and Mandarin Orange Slices	24 Ham and Swiss Sandwich**, Macaroni Salad, Stewed Tomatoes, and a Fruit Cocktail	25 Beef Stroganoff on Pasta with Peas and Pearl Onions, Roasted Corn, a Whole Grain Breadstick, and a Fresh Banana	26 Herb-Roasted Chicken with Gravy, Green Beans, Baby Carrots, a Whole Grain Roll, and Sliced Pears
29 Pork Cutlet** with Gravy, Mashed Potatoes, Carrot Coins, a Whole Grain Roll, and Pineapple Chunks	30 Veggie Lasagna with Winter Vegetables, Beets, a Whole Wheat Bread Stick, and Strawberries			







## CELEBRATING VOLUNTEERS



April is National Volunteer Month – a month all about recognizing and honoring the contributions of volunteers. Throughout this issue of The Scene, you will find multiple spotlights on the volunteers who help in all aspects of our mission.

Every volunteer makes an impact on the communities we serve. From a smiling face at the front desk of an Aster Senior Center to the daily preparation of our nutritious meals, volunteers can be found providing support in all of Aster’s programs.

Volunteering at Aster is not only a great way to support your community, but it is also a fantastic way to keep you mentally stimulated and connected to the world around you. Plus, dedicating your time as a volunteer can help you make new friends, boost your personal skills, and provide a way to directly engage with your favorite Aster programs.

If you feel inspired while you are reading our volunteers’ stories, you can learn more about volunteering at Aster by visiting Aster’s website, [AsterAz.org](http://AsterAz.org).



**BECOME A VOLUNTEER AT ASTER**  
Visit [AsterAz.org](http://AsterAz.org) to learn more or call us at 480-219-2599

## PROGRAMS FOR YOU

We support & empower East Valley older adults and their families to remain independent & engaged in our communities through:



### CENTER-BASED SERVICES

Our Centers are social hubs, with lunchtime meals, education programs, and social activities.



### MEALS ON WHEELS

Providing nutritious meals and essential wellness checks, with both short- and long-term plans, to meet your unique needs.



### IN-HOME SUPPORT

Supporting isolated adults with transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



### SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being the NCOA Benefits Enrollment Center for the East Valley.

# ASTER AGING

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## VOLUNTEER HIGHLIGHT

### CARING COUPLE: THE HIDALGOS

Ana and Oscar both started volunteering in Aster's cafeteria back in 2020. Over the last four years, both have enjoyed being directly involved with staff and other volunteers in the kitchen. "I enjoy the feeling I get from helping others, and I've made some great friends through volunteering," says Ana. Thank you, Ana and Oscar, for your four years of volunteerism!

## BECOME A SAVVY SAVER



An empowering new program developed by the National Council on Aging with support from the Bank of America Charitable Foundation is coming to Aster!

This new multi-week program, Savvy Saving Seniors, is focused on helping you navigate the complex world of money management as an older adult. Facilitated by Aster staff, Savvy Saving Seniors will cover topics such as:

- **Money Management on a limited income**
- **Top Budget Busters you may be falling for**
- **Tricky Financial Scams in the modern world**
- **Money-saving Benefits you may be missing out on**

...and much more!

Financial goal setting and engaging activities will keep each week's program relevant to your own day-to-day life, encouraging you to reflect on your own budget and spending.

Savvy Saving Seniors is a program that takes place over multiple weeks, so be sure to sign up for the first session!

## RED MOUNTAIN



### AFTERNOON DANCE PARTIES

Wednesdays | 1:00 - 3:00 pm

Come out and cut a rug every week. This month's music is:

April 3 - Carla Elliot

April 10 - Lee Ford

April 17 - TBD

April 24 - Chuck Peterson



\$5 per person.



**Want to learn more about benefits you might be missing out on? Contact Aster's Outreach and Social Services team today!**

**Front Desk: 480-218-2221**

[asteraz.org](http://asteraz.org)



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## CREATE ART THIS APRIL

This April, immerse yourself in the world of art by joining one of Aster Aging's exciting art activities! Regardless of your skill level, you'll find something to suit your interests. Our guided activities include painting, doodling, jewelry crafting and origami.

If you already have a project or want a place where you can create without the structure of one of our activities, then you can join us during our Open Art Studio hours each week for a safe space to create and have fun, social interaction with fellow artists. Experience the joy of creating something new and beautiful with Aster Aging's art activities this April!

### RED MOUNTAIN

April 11 | 9:00 am

#### Artistic Whimsy

Come create one of a kind art pieces for your home or loved ones. **Fee \$10**

April 11 | 12:30 pm

#### Card Creations

Create your own personalized greeting cards for friends and family.

April 18 | 10:00 am

#### Meditative Doodling

Do you often find yourself drawing or just scribbling? That is DOODLING! Come DOODLE in a fun, relaxing environment.

### MESA DOWNTOWN

Fridays | 9:00 am

#### Arts & Crafts

Come make seasonal crafts like wreaths and origami designs with your fellow participants.

Thursdays | 8:00 am

#### Open Studio

Join other participants every Thursday to work on art in a dedicated creative space.

Thursdays | 10:00 am

#### Veterans Art

Create beautiful art pieces in this activity facilitated by the Mesa Art League.



### VOLUNTEER HIGHLIGHT



## GETTING CRAFTY WITH MARK

Mark is a hands-on volunteer, not only spending time at the Red Mountain front desk, but also leading multiple craft activities. "I learned about jewelry crafting in highschool, and I wanted to bring an easy, affordable activity to the folks here."

Thank you, Mark, for over two years of being an Aster volunteer!

### RED MOUNTAIN



April 17 | 12:15 - 3:45 pm

#### Painting Wonderland

Calling all artists. Let's explore what we can create with pottery, wood, canvas and much more.

**Admission is \$8 per person plus additional costs for the material you paint.**



Register in-person at the Front Desk or call Front Desk at 480-218-2221



FIND THESE ACTIVITIES AND MORE ONLINE  
AT [ASTERAZ.ORG](http://ASTERAZ.ORG)

# ASTER SENIOR CENTERS'

Activities with an \* have fees & require pre-registration.



## MESA DOWNTOWN EVENTS

**Mondays | 12:30 pm**

### KARAOKE MONDAY

Have fun singing golden-olderies or just watching others try in this judgment-free zone.

**Thursdays | 10:00 am**

### VETERANS ART

Create beautiful art facilitated by Mesa Art League.

**Wednesdays | 10:00 am**

### BOOK CLUB

led by New Frontiers  
Join this weekly book club and discuss different books each week.

**Wednesdays | 1:00 pm**

### NATURE & HISTORY

Lead by New Frontiers  
Come and learn about history in this new activity from New Frontiers for Lifelong Learning!

**April 1 | 8:30 am**

### VETERAN'S SOCIAL

Chat and enjoy coffee & donuts with fellow service members.

**ENDING APRIL 15 |**

### AARP TAX PREPARATION

As tax season nears its end, don't miss your chance to file taxes with AARP experts at Aster! Call or visit the DT Front Desk to plan your visit.



**Tues & Wed | 8:15 - 9:15 am | Mesa Downtown**  
**MORNING MOVEMENT\***

Get your day moving in the right direction with indoor exercise!



**Mon, Wed, & Fri | 8:15 - 9:00 am | Red Mountain**  
**Stretch & Flex\***

Start your day right with indoor movement and exercise!



**Mon & Thurs | 8:30 - 11:00 am | Mesa Downtown**  
**ADVANCED & BEGINNERS TAI CHI CLASSES\***

Classes for beginner (10:00 am) or seasoned students (8:30 am)



**Thursdays | 1:00 - 2:00 pm | Mesa Downtown**  
**SENIOR PLAYERS**

No experience needed for this fun-loving theater group!



**Mon & Thurs | 12:00 - 3:00 pm | Red Mountain**  
**DIAMOND ART**

Create amazing and dazzling art pieces.



**Mondays | 2:00 - 3:00 pm | Mesa Downtown**  
**VIRTUAL TRAVEL**

Learn about the cultures and people around the world.



**Tuesdays | 8:00 am - 12:00 pm | Red Mountain**  
**Tuesdays | 9:00 - 11:00 am | Mesa Downtown**  
**STITCH & CHAT**

Enjoy good company while crafting creative pieces.



**Wednesdays | 9:00 - 10:00 am | Red Mountain**  
**Thursdays | 10:00 - 11:00 am | Mesa Downtown**  
**BLOOD PRESSURE SCREENINGS**

Learn your numbers to better manage your health!



**Tuesdays | 10:00 - 11:00 am | Mesa Downtown**  
**AARP DIGITAL SKILLS CLASSES**

Learn from experts tips and tricks regarding electronics.



**Tuesdays | 10:30 am - 3:00 pm | Red Mountain**  
**DEAF & HEARING-IMPAIRED SOCIAL GROUP**

A weekly group for people with hearing issues to chat.



**Tues & Fri | 1:00 - 2:00 pm | Mesa Downtown**  
**GERI FIT** facilitated by Area Agency on Aging

Enjoy a great workout using bands, weights, and more!



# ACTIVITIES CALENDAR

Visit our online calendar at [asteraz.org](http://asteraz.org) for more details.



## Tuesdays | 2:00 - 3:00 pm | Mesa Downtown HISTORY CLASS

Learn about remarkable events through history.



## 1st & 3rd Weds | 9:30 - 10:30 am | Red Mountain THE GOLDEN GALS

Our female participants come together for friendship & fun.



## 1st & 3rd Weds | 10:00 - 11:00 am | Red Mountain CAREGIVER SUPPORT

facilitated by EMPACT  
A group for caregivers to share, learn and find support.



## 2nd & 4th Weds | 9:30 - 10:30 am | Red Mountain WALKIE TALKIE

Join us for a relaxing walk while chatting with each other.



## Wednesdays | 1:00 - 2:00 pm | Mesa Downtown GRIEF & LOSS SUPPORT

facilitated by EMPACT  
A bereavement support group for seniors.



## April 11 & 25 | 9:45 - 10:45 am | Mesa Downtown CHAIR YOGA\*

Increase your flexibility & calm your mind with chair yoga.



## Fridays | 8:30 am - 12:00 pm | Red Mountain PORTRAIT PAINTING WORKSHOP\*

Have fun drawing portraits from live models.



## Fridays | 9:30 - 10:30 am | Mesa Downtown WRITER'S GUILD

Come to share, learn and spark your creative juices.



## Fridays, 9:45 - 10:45 am | Mesa Downtown QIGONG

Learn gentle movement and focused breathing exercises.



## Fridays | 10:00 - 11:00 pm | Red Mountain GRIEF AND LOSS SUPPORT GROUP

facilitated by EMPACT  
A group for people that are in beginning their grief journey.



## Fridays | 1:00 - 2:30 pm | Red Mountain MOVIN' ON

facilitated by EMPACT  
A post-bereavement social support group for seniors.

## RED MOUNTAIN EVENTS



April 1 | 1:30 pm

### PARKINSON'S GROUP

by Muhammad Ali Parkinson Ctr & Duet  
For people living with PD & partners.

April 2 & 16 | 9:00 am

### CRAFT JEWELRY\*

Join Mark as we craft beautiful jewelry for you or as a gift!  
Space is limited. \$5 per person

April 4 | 9:30 am

### Tech Class - iPads

Join us for an informative workshop on how to use an iPad.

April 11 | 10:00 am

### VETERAN'S SOCIAL

Enjoy coffee & donuts with friends.

Thursdays | 10:00 am

### EVERYONE HAS A STORY\*

Get inspired to save your special memories for the future. \$5 initial

April 25 | 10:00 am

### What's Your Personality?

What kind of animal are you?  
Come out and have some fun discovering more about your personality.

April 25 | 12:00 pm

### THE MEN'S CREW

Join the guys to make new friends.

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## EXCURSIONS

### RED MOUNTAIN

April 25 | 12:00 - 3:45 pm

## Goldfield Ghost Town

Walk down Main Street, explore the many shops and historic buildings. Tour the historic Mammoth Gold Mine and visit the Goldfield Museum. Admission is free but there is a small cost for the attractions.

### MESA DOWNTOWN

April 23 | 12:30 - 3:00 pm

## Papago Park Animal Shelter

Join us on this FREE excursion to the new state of the art Papago Park Animal Shelter. See the new kitten nursery and more!



## CENTER GAMES

Share a smile and make friends over some fun games! Drop-by or reserve your spot at [asteraz.org](http://asteraz.org)

### MESA DOWNTOWN



#### JUST FOR FUN & GAMES

facilitated by New Frontiers Game Class

Thurs | 9:30 - 10:30 am



#### FITNESS TRAINER

Tues & Thurs | 12:30 - 3:00 pm



#### PINOCHLE

Tues & Thurs | 12:30 - 3:00 pm



#### WII BOWLING

Wed & Fri | 10:00 - 11:00 am



#### MAHJONG

Thur | 12:00 - 3:00 pm



#### BINGO! FOR PRIZES

Wed | 12:30 - 3:00 pm



#### BINGO! FOR MONEY

Fridays | 1:00 - 3:30 pm

### RED MOUNTAIN



#### BRIDGE & MAHJONG

Mondays | 12:00 - 3:00 pm | 9:30 am - 3:00 pm



#### PINOCHLE

Tues & Thurs | 12:00 - 3:00 pm



#### Whist

Wednesdays | 12:30 - 3:00 pm



#### BRIDGE & CANASTA

Wed & Fri | 12:00 - 3:00 pm



#### MEXICAN TRAIN DOMINOS

Thurs & Fri | 12:00 - 3:00 pm



#### BINGO! FOR PRIZES

Tuesday & Fridays | 12:30 - 2:30 pm



## SENIOR CENTERS DROP-IN AREAS



#### ART STUDIO

Thursdays - DT



#### BILLIARDS



#### PUZZLES & GAMES



#### FITNESS CENTER



#### LIBRARY

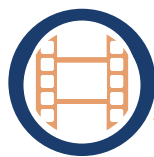


#### CAFE



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## NOW SHOWING

Our Senior Centers each host **FREE** movies & popcorn starting at **12:30 pm**. RSVP online, by phone or in person to secure your seat!



### MESA DOWNTOWN



**April 4 | Max**

2015 | PG

Josh Wiggins, Thomas Church

A military dog that helped American Marines in Afghanistan returns to the United States.



**April 11 | Jerry Maguire**

1996 | PG-13

Tom Cruise, Cuba Gooding Jr.

When a sports agent has a moral epiphany and is fired for expressing it, he decides to put his new philosophy to the test.



**April 18 | Frequency**

2000 | PG

Dennis Quaid, Jim Caviezel

An accidental cross-time radio link connects father and son across 30 years.



**April 25 | A Knight's Tale**

2001 | PG-13

Heath Ledger, Mark Addy

After his master dies, a peasant squire, fueled by his desire for food and glory, creates a new identity for himself as a knight.



### RED MOUNTAIN



**April 4 | Dial M for Murder**

1954 | PG

Ray Milland, Grace Kelly

A former tennis star arranges the murder of his adulterous wife.



**April 11 | La La Land**

2016 | PG-13

Ryan Gosling, Emma Stone

While navigating their careers in Los Angeles, a pianist and an actress fall in love



**April 18 | Catch Me If You Can**

2002 | PG-13

Leonardo DiCaprio, Tom Hanks

FBI agent Carl becomes obsessed with tracking down a con man.



**April 25 | Groundhog Day**

1993 | PG

Bill Murray, Andie Macdowell

A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day.



## KEEPING THE SNACKS COMING: CAFE VOLUNTEERS



It's no secret that the Senior Center Cafes are popular spots to hangout at and socialize. Multiple caring volunteers are there with affordable snacks and beverages with a smile on their faces. Barbara, who has been a Red Mountain Cafe volunteer for five months, says she became a volunteer to stay engaged with the community. Joseph, a Mesa Downtown Cafe volunteer who has been with Aster for 12 years, echoed the same sentiment. Both agree: The people make each day worth it.





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## VOLUNTEER HIGHLIGHT

### THE FACES OF THE FRONT DESK

The Downtown Mesa Front Desk is the center point of activity when you walk in. Two of our volunteers, Mary and Louise, spend their time helping participants sign up for classes, lunches, and learn about upcoming opportunities.

Thank you, Louise, for over 5 years of being a volunteer, and Mary, for four months of being a volunteer!



## Healthy Beverage Shifts

It's easy to forget about calories you consume from beverages. If you drink sodas, creamy and sweet coffee drinks, or alcohol, swapping them out for healthier options can make a huge difference. There are plenty of beverage options that are low in added sugars, saturated fats, and sodium. Here are some options:











- Regular Soda -> Water/Flavored Water
- Sweetened Iced Tea -> Sparkling Water

## HEALTHY FOOD SHIFT

Excerpted from National Institute on Aging

Eating the right amount is important, but so is making sure you're getting all the nutrients you need. Older adults often need fewer calories, but more nutrients, which makes it essential to eat nutrient-dense foods. To eat nutrient-dense foods across all the food groups, you may need to make some changes in your food and beverage choices. You can move toward a healthier eating pattern by making shifts in food choices over time.

Here are some ideas:

<p><b>Shift from:</b></p> <p>High-calorie snacks</p> 	<p><b>Shift to:</b></p> <p>Nutrient-dense snacks</p> 
<p>Fruit products with added sugars</p> 	<p>Fresh fruit</p> 
<p>Refined grains</p> 	<p>Whole grains</p> 
<p>Snacks with added salt or sugars</p> 	<p>Snacks without added salt or sugars</p> 
<p>Solid fats</p> 	<p>Oils</p> 

### LEARN MORE HEALTHY TIPS AND RECIPES:

[NIA.NIH.gov](http://NIA.NIH.gov) | [EatRight.org](http://EatRight.org) | [USDA.gov](http://USDA.gov)



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## PUZZLES

Find each of the items from the categories below.

L	S	G	D	L	T	C	I	Y	J	A	T
E	E	R	R	R	N	R	A	H	D	M	T
O	V	A	E	R	A	M	E	N	K	Q	G
P	A	S	G	B	H	O	A	E	S	P	C
A	E	S	I	K	P	P	B	F	S	I	G
R	L	U	T	D	E	X	U	D	T	O	R
D	B	O	T	T	L	E	S	S	R	E	F
R	E	P	D	C	E	Q	A	I	T	A	T
S	T	N	A	L	P	L	L	T	I	R	C
P	A	P	E	R	P	L	I	K	A	J	I
R	H	I	N	O	A	L	L	S	W	Q	V
E	T	S	A	W	J	J	H	V	L	J	C

Words Synonymous With Garbage

Things That Are Green

Items That You Can Recycle

Endangered Animals

Litter, Trash, Waste, Grass, Leaves, Plants, Trees, Cans, Cardboard, Bottles, Paper, Plastic, Elephant, Gorilla, Leopard, Panda, Rhino, Tiger

**ANSWER**

Find the two lanterns that are exactly alike.



1 & 8

**ANSWER**



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247 N Macdonald St  
480-962-5612 p

### Red Mountain Senior Center

7550 East Adobe St  
480-218-2221 p



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## FRIENDS OF THE CENTER

Aster's Friends of the Center program supports the sustainability of our Senior Centers year round. Join online or in-person at our Senior Centers and start making a difference today!



## DONATE ONLINE TODAY

Your gift empowers and supports local seniors!

[www.asteraz.org/help/donate.html](http://www.asteraz.org/help/donate.html)